

Good grooming for boys and girls

PATRICIA STEVENS

SRA 321
Junior
GUIDANCE SERIES
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S R A

RESEARCH A



Are you satisfied with your appearance?

Do you wish that you could improve
your posture or skin or hair?

Do you wear the colors and styles
that are best for you?

Whether you are a boy or a girl, tall or short, thin or fat,
starting to date or just looking forward to it,
you'll find many suggestions
to help you and other boys and girls
know how to make the most of your looks.

SRA
Junior
GUIDANCE SERIES.

Good
grooming
for boys and girls

by PATRICIA STEVENS
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Patricia Stevens Finishing Schools*

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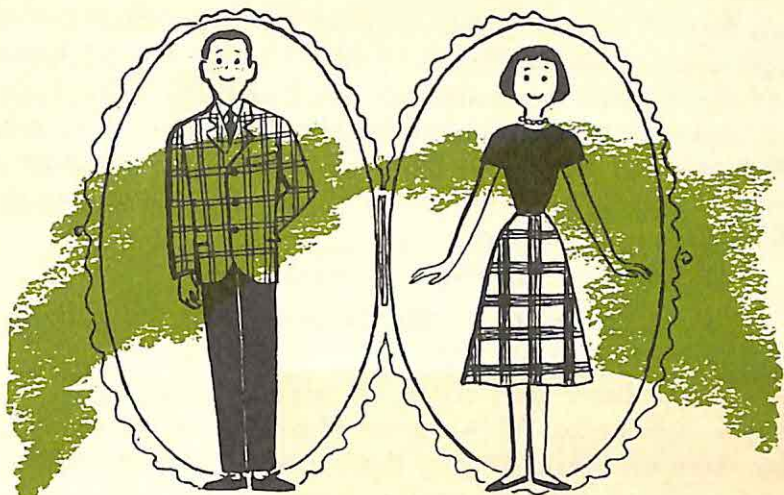
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Full-length portrait

A slender, attractive young woman stepped out of a taxi in front of Sally's house, just as Sally was getting home from school.

"Oh, Aunt Barbara," called Sally, running to her and hugging her tightly, "am I glad to see you." Then she picked up one of her aunt's bags and skipped into the house. "I can hardly wait until you meet my friends," she said. "We've called a special club meeting just for you." They've got all kinds of questions to ask you. We figure you can give us lots of tips on grooming and dressing."

"I'd love to," said Aunt Barbara with a smile, "even if it will be sort of a 'busman's holiday'." Aunt Barbara, who had come to visit Sally and her family, was a teacher in a school for models.

Posture comes first

The first good grooming session was held on Sally's back porch. "Whether you want to be a model or just your most attractive *YOU*, posture comes first," Sally's aunt told the group of five girls who came. At that moment Sally's brother Bob and his

best friend, who were 14—a year older than Sally—arrived home from a club meeting. "Listen to that, Chuck," Bob whispered. "Maybe my aunt can make you look like a movie star." And he laughed at his own wit. As though she had heard him, Aunt Barbara called out, "Wait, boys. I think you'll be interested in some of the things I have to say." So they joined the girls for Aunt Barbara's first lesson.

"Do you know your P.Q.?" she asked.

P.Q. means posture quotient. So, Sally's aunt was really asking, "How good is your posture?"

You probably don't realize the importance of your posture to your appearance. When a group of your friends see you walking down the street, you may think they are noticing your new coat or the way you are wearing your hair. But they probably are looking at your over-all appearance, rather than just a single detail. They notice how you walk, how you carry yourself; they see your posture.

The perfect posture is easy, smooth, natural looking. Here are two tests to help you find out your own P.Q.

Boys, try this

Stand against a wall with your heels, legs, shoulders, hips, and head touching. If your posture is "major letter perfect" there should be no space between your body and the wall except at the center of your back where there should be room for your hand.

Girls, check

Stand before a full length mirror with your side to the mirror. Drop a weighted string from your left ear to the ground, letting it fall naturally. Stand as still as possible. The string should pass through the shoulder joint, the thigh, the back of the knee, and land alongside the middle of your foot. If it falls in front of your body, it means that you slump. If it falls toward the back, you probably have a "sway-back" posture.

If the above tests reveal that you do not have the posture of a ballerina or a West Point cadet, here are directions for a graceful, yet erect, posture.

Perfect Posture Procedure

1. Think of an engine or a smooth-moving assembly line. When one part starts moving correctly, the next follows right in line.
2. Raise your head up as if it were being lifted out of your shoulders. Keep it relaxed, not stiff.
3. Hold your chin in a horizontal position, parallel to the ground.
4. Straighten your shoulders, neither backward nor forward, but relaxed.
5. Breathe deeply. Now your chest is in the correct position.
6. Pull your waist up from your hips.
7. Pull your stomach in; tuck your hips under.
8. Keep your feet straight ahead.

At first, this perfect posture position may seem a bit strained. But if you concentrate and try holding it whenever you stand, it will soon come naturally to you.

Posture do's and don'ts

1. **Your posture is only as good as your walk.**

The way you walk may reveal your personality or even the mood you are in. A good, smooth, graceful walk shows confidence. On the other hand, head forward with the rest of you trying to catch up makes you look like a worrier. Swaying hips often mean a show-off. Chest tucked in, shoulders drooping forward is probably the walk of a self-conscious, shy little violet.

If you feel good and look good, *your walk will show it*. Remember, don't swing your arms like a windmill. Hold them close to your sides as you walk.

Your head should be high, your shoulders relaxed but straight, and you should walk with a smooth, rhythmic gait. If you want to walk fast or slowly, simply change your tempo, not the length

of your steps. Tiny mincing steps or great long strides are awkward and unattractive.

2. What is your "sit-uation"? (This is especially for girls.)

Are you like Buster or Betsy who "plops" into an upholstered chair, almost taking a spring or two along? It may get you down, but it's not good for either you or the chair. Next time, try this: Stand in front of a chair for a moment with the back of your leg touching the center front of the chair. This lets you get your bearings. Then, with the weight of your body on the balls of both feet, *lower* your body diagonally onto the seat. Square your shoulders, keep your legs either crossed or one in back of the other.

3. Are you a "desk slumper"?

Look around your classroom some time. Notice how many heads are hanging at half-mast. To avoid the droopy look, practice sitting correctly. You not only look more alert, you'll feel sharper and tire less easily. You should always sit all the way back in the desk chair. When you lean forward, do so from the hips, not from the waist. Keep your shoulders high, your head straight.



Are you a "droopy Dan" like the boys in this picture? Or do you sit back with head up, shoulders straight, and feet on the floor?

4. Does your stair-climbing rate stares?

Do you sprint, gallop, or do a 20-yard dash when you go up stairs? Aside from the safety factors (stairs can be slippery) you'll look a lot better and get there almost as soon if you go up the right way. First, stand tall, head up, body straight. Place your whole foot, not just the toe, on the first step. Keep your knees flexed. Transfer the weight from the ball of one foot to the ball of the other as you lift your body upward for each step. Shift your weight from foot to foot smoothly, without either swaying or bouncing.

5. Dropped something?

There are right and wrong ways to walk, sit, climb stairs. There is even a right and wrong way to pick up something from the floor. Do you know what it is?

No squat, no stoop, please. Kneel down with your weight on your knee. Keep your head and your back erect. Then pick up the silver dollar. You'll look better and feel better (and there will be no strained back muscles later on.)

6. Do you ease out of a car or do you untwine yourself?

Can you slickly slide out of the lowest slung car like an expert, or do you look like a live pretzel untwining itself? It's especially important for girls to learn the art of car exits. Never get up and try to move out the door head first. Instead, slide over to the door nearest the sidewalk. First, step out with the foot next to the door, with your head and shoulders following, keeping in a sideway position. Next, bring out the other foot. You do an about-face, and you're out of the car with precision-like smoothness.

Figure work ahead

"I don't think it's my posture that spoils my appearance," said Chuck. "I know what's wrong with me. *I'm too heavy.*"

Many boys and girls between the ages of 11 and 15 go through a period of chubbiness. Girls find that too much flesh hides the fine bones in the face. Boys find the pants they really want aren't sold in the "chubby" sizes.

If you are too plump, you probably don't like the idea. People may console you by assuring you that you'll outgrow it one of these days when you start to "shoot up." And maybe you will. But what about now? Isn't there something that will help a boy or girl achieve a slimmer figure?

Aunt Barbara had some special tips for the Joans and Johns who need to lose weight.

Pointers for Weight Losers

1. First of all, no drastic diets. You do not want to sacrifice, for a few pounds, the nutritious and energy-giving foods your growing body requires. If you are quite a bit overweight, see a doctor. He can best determine if a special diet is necessary.
2. Eat slowly in a relaxed atmosphere. Quick, gulping down of meals means more food intake. When you eat too fast, you tend to eat too much.
3. Eat three meals a day. This mean *no breakfast skipping*. Missing breakfast only makes you hungrier so that you eat more at other meals or else have to nibble between mealtimes to appease the hunger pangs.
4. Never eat bread, potatoes, and a starchy dessert like cream pie, all in the same meal. Only one of the three is allowed in any one meal, supplemented by meat, egg, cheese, fruits, and vegetables.
5. Avoid fatty, fattening, and salty foods. (French fried potatoes, potato chips, salted peanuts, popcorn are all figure spoilers.)
6. Avoid drinking beverages with meals. Save them for between-meal thirst-quenchers.
7. If you get hungry between meals, substitute fruits or fruit juice, skim milk, or carrot strips for pound-adding malts, sundaes, or candy bars.
8. Learn to count your calories. Get a handy calorie counter in the ten cent store. Learn how you can get good-tasting, nutritious foods that at the same time are nonfattening.
9. Get plenty of exercise, make sure you have proper elimination, and get eight hours of sleep every night.
10. *When* you eat is almost as important as *what* you eat. Frequent, small meals are more fattening than three well-balanced meals a

day. When you eat too often, your system does not have time to convert the food into energy. Instead, it is stored in your body as fat.

Art's too thin

Art looks like a "scarecrow." His leanness may be due to the fact that all his food is going toward height, rather than breadth. He may be growing so fast that his body must use up its food intake for growing rather than for padding. However, if his thinness is due to faulty eating habits or poor diet, he can



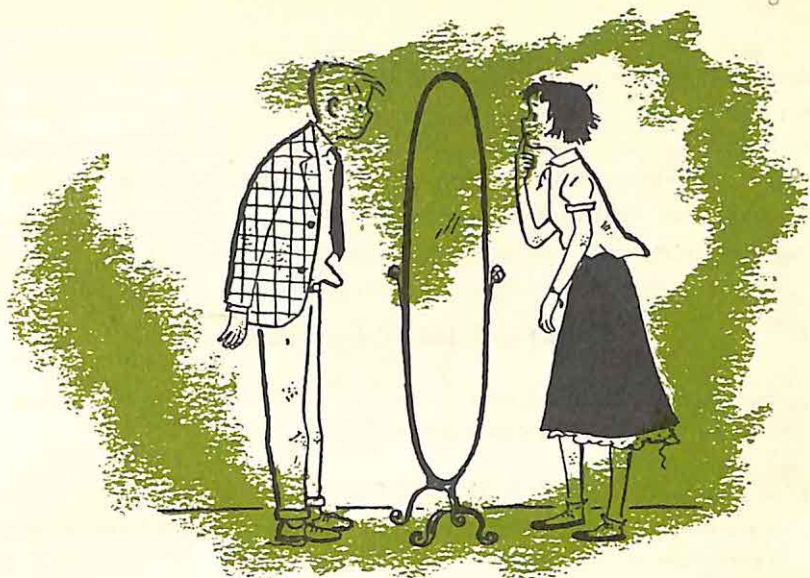
To gain or lose weight you must regulate your diet and activities.

pick up some weight. And he'll find that he looks and feels better. Some people have small appetites and actually eat like birds. Others are "picky eaters." They don't like many of the foods that are healthful and body-building. A boy or girl who is severely underweight should see the family doctor. In addition, here are a few tips we can give to too-slim Jim or Jane:

Tips for Pound Seekers

1. Build up a better appetite by taking a brisk ten-minute walk before meals, if possible.
2. When convenient, rest for a few minutes after meals.

3. Avoid arguments, gripes, or unpleasant discussions at mealtimes.
4. Use cream instead of milk on your cereal. Eat cream soups. Always drink a glass of fortified milk at every meal.
5. Never skip a meal. Frequent, small meals are better than irregular or widely spaced large meals.
6. Eat nourishing (*but not filling*) snacks between meals. Milk and graham crackers are good, as are fruit and cookies.
7. Always have a bedtime snack.
8. Drink eight glasses of water daily.
9. Try to sleep nine hours nightly.
10. Learn to relax. Give up wasted movements and fidgeting.



Watch the details

Everyone knows a girl like Louise and a boy like John. They have bigger-than-average wardrobes, but never look well dressed. Why? One day a button is missing on a jacket; the next day a shirt or blouse is not quite clean. Fingernails are often dirty, complexion muddy looking.

Somehow, these things attract more attention than the nice clothes they may be wearing. As Sally's aunt told her and her friends, "Watch the details. They can make or break you!"

Everyone nodded his head in solemn agreement. Do you, too, promise to watch the details? In this chapter are listed some practical suggestions to help boys and girls learn the simplest and easiest ways to keep themselves and their clothes in first class condition.

First, your skin

We all want to have smooth, clear skin. Unfortunately, just at the time when you are beginning to notice your skin and care

about how it looks, bumps and pimples often begin to appear. Some boys and girls go through a period when they have quite bad looking skin blemishes. Acne, as doctors call this pimply skin condition, is often stubborn and resistive to treatment. The situation can be improved, and sometimes cleared up, by following rigidly the basic rules for skin care given below:

A Six-Point Skin Care Program

1. Two scrubbings a day with a castile soap, followed by a thorough rinse with warm water and a splash of cool.
2. A diet based on lean meat, fresh fruits, and leafy vegetables. Deserts only when preceded by a balanced meal. Avoid frequent between-meal snacks of candy or ice cream sodas.
3. Eight glasses of water or fruit juice a day.
4. Adequate sleep. (Eight to ten hours a night.)
5. Outdoor exercise to stir up circulation.
6. Clean and dandruff-free hair. (After all your scalp is just a continuation of your face.)

Certain types of skin need special care. For example, oily skin will need special treatment to curb blackheads and blemishes. Some people are bothered by skin that is too dry. Perhaps your skin is oily down the center, but dry over the cheeks. Decide which is your type of skin and then follow the special care recommended below for your type.

WHAT TYPE OF SKIN HAVE YOU?

Your skin is oily if it is constantly shiny, looks damp shortly after it's cleansed.

Your skin is dry if it feels stiff in cold weather, draws tightly after you wash it, cracks and peels.

Your skin is patchy if it is dry and flaky on the cheeks, oily down the center forehead, nose and chin.

Directions for care of oily skin

1. Wash your face with one of the anti-bacterial soaps three times a day. At night do this: Steam the skin with warm water. Apply soap with a clean, rough washcloth. Rinse with warm water. Apply soap again. This time allow it to dry on the skin like a facial mask. Then rinse thoroughly with warm water. Splash with cold water and pat dry with a clean towel.

2. Watch your diet. Chocolate, nuts, shell fish, fried foods, carbonated beverages, and pastries should be banished from your menu.

3. Drink plenty of water and fruit juice, but curb the cokes.

4. Girls can cover blemishes with one of the medicated lotions on the market. Put off wearing powder until your complexion troubles are behind you. *Caution:* no oils or creams!

5. If you have a severe case of acne, see a dermatologist (a doctor who specializes in skin disorders). Acne is not always just a problem of growing up. If left untreated, it can continue right on into your twenties.

6. Once you've started doing the right things, forget about your skin. Fretting only makes the situation worse. Don't keep peering at your face in a magnifying glass, no probing or pinching in front of a mirror. Hands off is the best policy.



If your skin is oily, give it frequent, thorough scrubbings.

Directions for care of dry skin

1. Use a bit of baby oil on your skin every day. This is especially important in the winter. Smooth it on at night before bedtime. Tissue off any excess.

2. For extra protection, apply a translucent lotion before any winter outing.
3. Girls should postpone facial masks until later. Masks make a dry skin even drier.

Directions for care of patchy skin

1. Give the oily part of your face the scrubbing outlined for oily skin.
2. If cheeks flake and peel, apply a bit of baby oil on them regularly before bedtime.

Second, your hands

Bobby thinks no one notices her chewed fingernails and unsightly hands. What about the times she raises her hand in class, writes on the blackboard, or eats lunch with her friends? Your hands are always on display.

Bobby has tried to stop biting her nails, but somehow she can't succeed. What she and every other nail-biter need to do is try for just *one week* to keep their hands well groomed. Then there would be less of a temptation to chew. Anyone is reluctant to bite a well-shaped nail. We always pick on the ones that are gnawed down to nothing.

Grooming for Hands

1. Gather together your equipment: nail brush, emery board, nail scissors, orange stick, and for girls—clear polish.
2. Now scrub your hands and nails with a brush until they're spotlessly clean.
3. Gently push back the cuticle with your orange stick. (Never cut your cuticles or you'll have ragged, rough edges.)
4. Dry your hands and sit down in front of a table or desk.
5. Cut any hangnails with your nail scissors.
6. With your emery board, file each nail to a smooth oval. (Don't saw off the corners or sand them with such vigor that sparks begin to fly. File lightly, making your strokes go one way.)
7. Now, boys are through. But girls may want to apply a clear polish. Two coats will give your nails a coat of armor for protection against splitting and breaking. Brush on lightly, but be sure the first coat is thoroughly dry before applying the second one.

Third, your feet

You're walking on comfortable feet if you are giving them the care they need. After a daily scrubbing be sure that they get a stimulating rub with a towel. Every week clip the nails—not in ovals like your fingernails—but straight across. This avoids painful ingrown toenails later on. Properly fitted shoes and a few foot exercises done regularly will insure you healthy yet attractive feet. Do these exercises every day:

1. Rotate your foot, making a circle with your toe. Point straight ahead, then to the left, back, and right, as far as it will go. Relax and repeat several times.
2. Point your toe until you feel the pull across your arch. Then bring it back towards your ankle. Relax and repeat several times.

If your feet perspire, use a deodorizing powder. It will keep them dry and discourage itchy rashes.



Do you give your skin, hands, feet, entire body proper care?

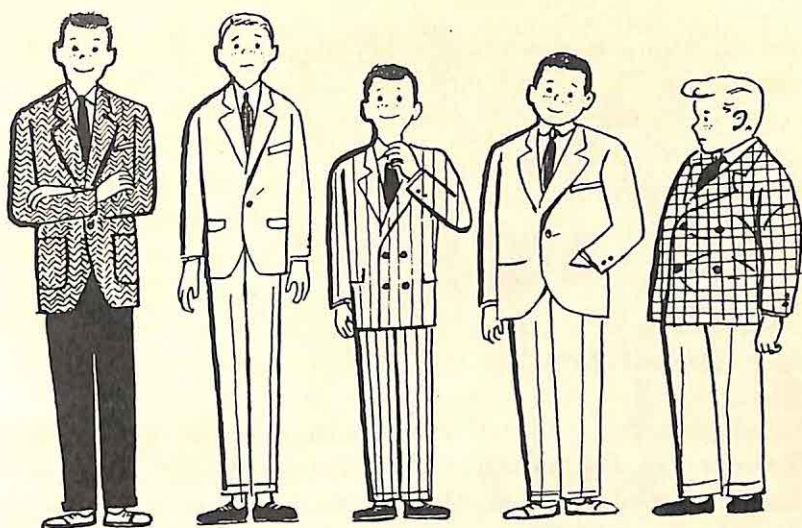
Now, the rest of you

Besides your hair, hands, and feet that we may see, there is the rest of your body that is just as important. We're all used to taking baths or showers. But you know you can hop in and out of the tub without really washing, or you can linger long hours without getting clean.

Real bathers enjoy their baths. They fill the tub to the brim with lukewarm water. Then they sink in right up to their chins

and relax. With a fresh washcloth they soap and scrub every inch of themselves. They do not forget the bottoms of their feet, their elbows, their backs—those unseen and often forgotten places. They rinse in a fresh tub of water or stand under a tepid shower and step out shining clean. They follow their bath with a rub-down and dry every drop of water right down to their toes. A real bather enjoys his bath, whether it's in a tin tub in a kitchen or a de luxe sunken bathtub in a pink tiled bathroom.

Some of us, of course, prefer to wake up with a shower. It's wonderfully stimulating and cooling on hot summer days. To get a fresh clean scent, a boy should use a bit of talc after his bath. A smart girl will use bath oil or bubble bath to make her a sweet-smelling bathing beauty. Girls will also find a body lotion to be soothing after a bath, particularly during the winter months. Remember to apply a liberal portion to your elbows and knees to keep them from getting dry and scaly.



Male call

Some people think that making the most of your looks is important only for girls. Of course, fellows are expected to keep clean and neat, but that's as far as some of them think they need to go in improving on what Nature gave them. But this isn't true.

It's important to know how to make the most of yourself, how to be attractive and well groomed. You may not be able to do anything about the shape of your ears, but the right haircut can go a long way toward giving them a good setting. Your physique may be broad in the wrong places or you may be thin and underdeveloped, but knowing what type of clothes looks best on you and acquiring good taste in clothes can help make you a "fine figger" of a young man.

Another discussion

You'll remember that only two boys attended the first good grooming session—Bob and Chuck. But they were quite impressed

with Aunt Barbara's advice and soon talked her into running a "For Boys Only" meeting. She agreed and the night of the meeting, the entire gang turned up. In this chapter we'll cover all the material Aunt Barbara discussed with them. You will read about the many things boys can do to make the most of their looks. At this point, girl readers may stop and skip over to the next chapter. The rest of this chapter is *for boys only*.

Now, boys, let's start from the top.

Head work

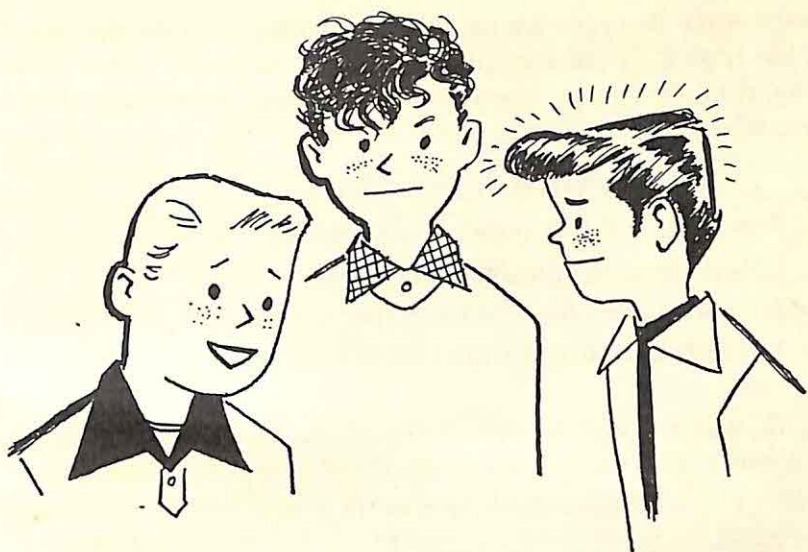
Is your hair a dried out, bristly patch, a greased up slick job, or is it a neat, well-cut and brushed addition to your appearance? This is not a hair tonic ad. This is just a fancy way of saying that you can make your hair an asset by following these suggestions:

1. Do not wash your hair every time you take a shower. Once a week is enough. Always use a good shampoo. Soap leaves a film that is difficult to rinse out.
2. Have your hair cut when you need it. Avoid those extreme styles. Hair that hangs over the ears or that is extra long in back actually detracts from your appearance. Next time why not try a good crisp crew cut or a neat conventional cut?
3. Brush your hair every day. Not down, but up. Brushing will remove dry scalp scales, keep it clean, stir up circulation. It also helps to make the hair naturally shiny. If your hair is hard to manage, especially after a shampoo, use some non-drying, non-greasy type of hair tonic. (The top of mom's nylon stocking worn after shampooing is probably man's best and most secret good looks aid. It keeps your hair smooth and neat.)
4. Study your face and shape of your head and have your hair cut so that it flatters you. Here are some guides.

HAIRCUT TIPS

If you have a small head on a tall frame—

Don't emphasize the fact with a scalped haircut. Hair long enough to comb back will make you look better proportioned.



Now you be the judge. Which boy looks the best: the short, neat crop—the casual, blow-away curls—or the slick, long-haired job?

If you're a big fellow with a good well-shaped head—
A short crew cut will probably look good on you.

If your ears are too large or protrude—
Keep your hair slightly long over the ears and train it to comb back.

If you have curly hair—
Keep it clipped and thinned so you don't resemble a French poodle.

Clothes may not make the man

But they go a long way toward building up his G.G.Q. (good grooming quotient). Even if you wear jeans and a "T" shirt most of the time, you can still look neat and well scrubbed. What about your clothes? What is *your* G.G.Q.?

To be really well dressed you have to know how to "drape your shape" in such good taste that your clothes do not stand out

and overshadow you. It's *you*, not your clothes, that is important. Your clothes should fit you; they should hang well. The color should be becoming. The next time you get dressed up, check yourself on the following points:

How Well Dressed Are You?

1. Does the cut of your jacket or suit coat flatter you?
2. Is the jacket long enough so it "sits down" with you?
3. Are your trousers the right length, just to the top of your shoes?
4. Do your trousers begin at your natural waistline, not at high water or below tummy?
5. Do your tie, shirt, trousers, and socks blend, rather than clash, in color?
6. Do your shoes "go" with the rest of the outfit?
7. Do your socks "scream out loud"?
8. Are the shoulders of your jacket easy and natural, not extra-padded or too narrow?
9. Does the outfit you're wearing suit the occasion?

If your appearance is less than satisfactory, it may be that you have not been buying the right kind of clothes. Of course, you can't chuck your present wardrobe into the incinerator and rush downtown to buy a new outfit. Besides, if you don't know how to buy, you would probably end up with clothes that look no better than what you have now. The secret to being well dressed is *planning*. Plan your wardrobe so that you have clothes that suit you, clothes that go together, clothes that fit the occasion. Pick out your type from the basic suggestions that follow. Know the styles that will be most becoming to you and make your selections accordingly.

Does your suit suit you?

Here are rules for buying a suit according to your body build.

- **If you are thin:** Choose a double-breasted suit. It will make you appear heavier.

- **If you are tall and thin:** The long, draped, single-breasted suit with one button is good. You can also wear tweed jackets and plain-colored slacks. This makes you look heavier and not so tall.
- **If you are short and thin:** A double-breasted suit will give the appearance of added height.
- **If you are short:** Avoid sharp color contrast in shirts and jackets and trousers. Choose outfits all the same color or shades of the same color, including the belt. (Self-fabric belts are good.)
Another suggestion: Stand straight at all times.
- **If you are fat:** Never wear double-breasted suits. Always be certain that a suit is cut roomy enough so that it will hang loose. You don't want to give the impression of being "buttoned" into your suit. Avoid light gray flannels and tweeds. Dark tones in smooth materials, such as gabardine, are much more becoming.

Colors count, too

Remember these points:

1. If you have blond hair and light skin, gray and blue are good for you.
2. If you have dark hair and dark skin, you can wear just about any color, including brown.
3. If you have red hair, avoid rust tones of brown.
4. If your complexion is sallow, avoid light tan and yellows.

Shirt rules

Here are pointers for choosing a shirt:

1. If your face is round, wear a long, pointed collar.
2. If your face is long and thin, the modified spread or rounded collar is for you.

3. With a plain suit you can wear striped or plaid shirts, as well as plain ones.
4. With a striped or plaid suit, a plain shirt looks best.
5. Never wear loud, fancy sport shirts with plaid jackets.



There is one wrong example in the above illustration. Which one is it? Answer: the dotted shirt and plaid jacket at upper left.

It's a tie

Your tie will look just right if you follow these suggestions:

1. If you're wearing a striped or plaid shirt, choose a tie of a plain color or one with a neat small design on a dark ground.
2. If your shirt is plain, you can wear a striped or patterned tie of your choice.
3. If you are wearing a sports jacket, you probably don't need a tie. If you do want one, a wool or knit tie is best.
4. If you are large (size 16 neck band or larger), avoid the Windsor knot.

Your socks show!

Your socks should blend in with the rest of your outfit, especially your tie. Wear them loud, if you must, but let the colors blend. Your best bet to be really well dressed is—argyles with sports and tweeds, plain colors or small patterns with dark or plain suits. With slacks and "T" shirts, almost anything goes—except fancy silk socks.

When buying socks, consider the color of most of your clothes. If your wardrobe leans toward brown, pick socks in tones of yellow, green, tan. If your wardrobe is mostly blue, buy shades of blue, gray, or red. If your outfits are gray, pick blue, black, or yellow.

Your basic wardrobe

You don't need lots of clothes to be well groomed. It's *what* you buy that's important. A basic wardrobe, consisting of the fundamentals you will need for all your activities, can be inexpensive, yet attractive.

A couple of pairs of tweed or gabardine slacks, several sweaters, a good sports jacket and a suit, plenty of "T" shirts, a few dress and sport shirts, perhaps a topcoat, winter jacket, and raincoat—depending upon the climate where you live—are sufficient for most boys. Have a related wardrobe, if you can, so that you can switch sweaters, slacks, and jackets (the mainstay of your wardrobe). Some jeans for work or play or school (if they're acceptable in your school), a few attractive ties, and some socks that blend will "make the man."

Shoes vary with the school. If white bucks are the rage, wear them. Just make sure that your shoes are kept in good repair and are cleaned and polished regularly. Run-down heels hint a "run-down guy."

Clothes tips

You have the wardrobe. Now here are some tips that will help you keep your clothes in good condition:

1. If possible, rotate your clothes. Never wear the same outfit two days in a row. In this way the wrinkles will hang out.
2. Make sure you have large enough hangers to support the shoulders of your coats or jackets. The best type of hanger is bow-shaped.
3. Avoid perspiration damage by always using an anti-perspirant, especially when wearing heavy woollens close under your arms.
4. Regular "airing" of your clothes will cut down on cleaning and pressing bills.



For girls only

"Am I too young to wear make-up?"

"What color lipstick should I wear?"

"How often should I wash my hair?"

"What styles really look best on me?"

Sally and her friends were eager to have an expert answer these questions and others that they had. Seven girls, equipped with notebooks and pencils, came to a "Girls Only" session with Aunt Barbara.

"We don't want to forget anything," they said.

What about make-up?

When they enter junior high school, many girls want to wear make-up. Sally and her friends were anxious to hear her aunt's advice. This is what she said.

"If junior high school seems to be the time when most of the girls in your community are beginning to wear make-up, and if your parents permit it, then this is a good time for you to start. Remember," she warned, "at first use lipstick only on special occasions, such as parties or Sunday afternoon get-togethers. Wear-

ing lipstick too soon, too much, or too often doesn't make you appear older or more sophisticated. Rather you look a little silly and unnatural, like a young child trying to play-act at being grown up."

For girls who want to start wielding that lipstick, here is advice from the experts on how to do it:

How to be a lipstick artist

Choose the proper color.

1. Always select a pastel or true red shade of lipstick. (Avoid like the plague the blue-red or violet tones.)
2. Lipstick should blend with your clothes. That means you will probably need two or three different ones to start. An orange shade will go with yellow, orange, beige, coral, rust, pumpkin, copper. A pink shade will go with your pastels. A clear red will go with brown, green, red, plaids. Keep this thought in mind when you choose a color! Would you wear a scarf of the same shade with your outfit?

Apply the lipstick carefully.

Now, like any artist, you will need a brush to paint a pretty picture. Invest a quarter or fifty cents in a lipstick brush and use it this way:

Sit (if you can) in front of a mirror with a good light. Hold the brush like a pencil, rest your elbow on a flat surface. Now steady your hand against your chin and draw a line from the outer corner of your mouth up and over the curve of your upper lip. Use the side of the brush. Follow the shape of your mouth and make the line clean and well-defined. Then draw from the other corner in and around the curve of your lip. Draw the outline of the lower lip and fill in with color. Blot your mouth on a tissue several times or until no more color



If applied correctly, lipstick looks better and lasts longer.

comes off. Then apply color again. Blot again, and your lipstick will stay in place. The whole effect should be a natural one. Gooney, thick lipstick is not at all appealing, as you know.

Make-up is more than lipstick, of course. What about powder, rouge, eye make-up?

Skip the powder for a while

A touch on your nose for a party is all right. But don't spoil your greatest attribute—the fresh glow of youth. Don't hide your scrubbed face behind a mask of powder. That shine represents youth and vitality that is yours alone. Grownups envy it. Models try to copy it. So be proud of it. Be grateful for a sparkling complexion and protect it.

What about rouge? You've probably guessed the answer to that one. A healthy, lively girl doesn't need artificial pink on her cheeks. It would be like gilding the lily.

Eye make-up? That's a different thing. It's never too early to groom your eyebrows. Keep a little mascara brush on hand and brush your eyebrows daily. Brush them straight up, then down, then smooth, the way they grow. A touch of vaseline will keep them in place. You can apply vaseline to your lashes, too. Just a touch will give them an extra sparkle and keep them healthy.

Should I pluck my eyebrows? Many teen-agers wonder about this. Eyebrows that are unusually dark and heavy can be plucked to give them a better shape and keep them neat. Have your mother help you weed them out a bit between your eyes or pluck the straggly hairs underneath. Remember though, a luxurious growth of glistening eyebrows is to be envied, not removed.

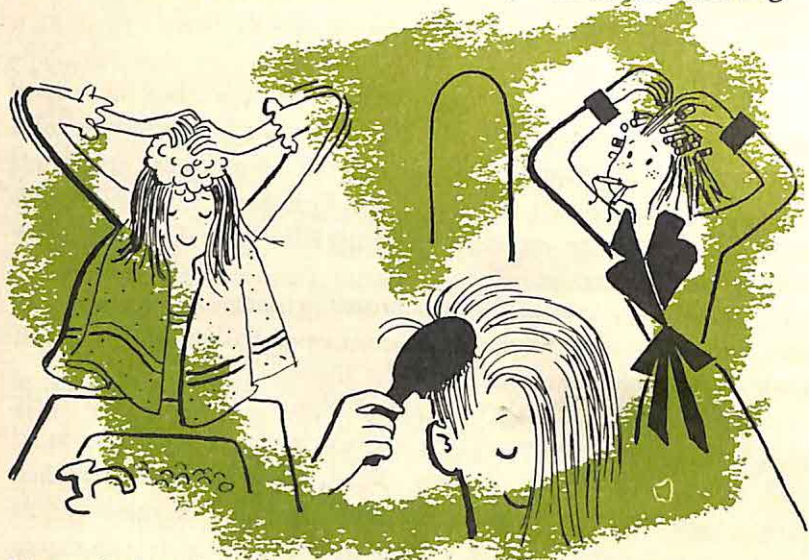
Your crowning glory

Whether you pay much attention to your hair or not, your friends do. A flattering hair-do can make the plainest girl look attractive. And at the same time a pretty face is spoiled by dull,

unkempt hair. If you don't believe it—just picture how you look when you get up in the morning or after you've put your hair up in pin curls. Not a pretty sight, if you're like most of us.

The care of your hair is important. Here are some of the things Barbara told Sally and her friends.

If your topknot is not an asset to your good looks, it needs good care. Get a brush with medium stiff, even bristles and begin



Dissatisfied with your hair? Start now on a new routine of care:
(1) shampoo weekly, (2) brush daily, and (3) pin curl as needed.

your work. Brush up from your scalp, not down. Bend over and brush and brush, using long, even strokes. Give it Grandma's 100 strokes. They're not old fashioned.

Set a definite time each night to brush your hair. You might even use some of those hours before television to double advantage with brush in hand. Then brush again gently each morning before you wield your comb. Remember, the comb is for the sole purpose of putting each strand in place.

You need not be afraid that brushing will straighten your curls. On the contrary, professional hairdressers always brush the hair after it has been set.

Clean up

Gleaming locks are clean ones. A weekly shampoo is an absolute necessity. If your hair is oily, it will need a dunk twice a week. But don't soap it every morning in the shower, even if it is short and easy to do. You don't want to end up with that so-called "haystack" hair, either.

Before a shampoo, your hair must be brushed. This will loosen up any dust from your scalp so that the soap can float it away. Then take to the shower, the wash bowl, or the bathtub—whichever is the easiest and most comfortable for you. Lather your hair into a thick, white foam. Rub your scalp vigorously with the balls of your fingers. Then rinse. Now lather again. Don't forget the edges—the back of your neck, and your forehead. Now rinse again. Then you'll need a spray. Rinse in lukewarm water and gradually change to a pleasantly cool temperature. But do rinse thoroughly. Try counting to fifty while you're doing it. You must get every trace of soap out of your hair or it will leave you with a dull, sticky mop.

When you're sure that it's thoroughly rinsed, give it an extra spray. Then press out the excess moisture with a towel. Follow with a stimulating rub. And don't forget your comb and brush—give them the suds treatment and a rinsing in hot water. Here's another point: A small amount of hairdressing used after your shampoo will make your hair more manageable.

Those pin curls

If your hair is not naturally curly, you may need to set it every night or have a permanent. Home permanents are fine if you're careful to follow the directions. Roll your pin curls so that a neat square of scalp shows around each one. Time the permanent accurately and be sure to follow it with a cream rinse.

For future sets, pin up your hair in loose curls, using your comb to section the hair all over the scalp. For a fluffy bob or pageboy, pin curls go towards the face. For sculptured waves, they go away from the face. Take time and set them neatly and prepare to wait until they're thoroughly dry.

What style?

"Do you think I'd look good with my hair like this?" asked Susan as she showed Barbara a picture of her favorite actress.

That's how lots of us choose a hair style. We look at what looks good on someone else and then assume it will be becoming to us. The hair style that will flatter you most must be chosen with several things in mind. These are the texture of your hair, the shape of your face, and your facial features.

First, you should study the shape of your face in the mirror. The ideal face is an *oval shape*. If yours is not oval—and not many of us have a perfect oval face—your hair style should make it *appear* that way.

Find your face

To find out the shape of your face follow this procedure:

First, tie a band or scarf around your hair to cover it completely and look at the outline of your face in the mirror. The shape of your face will fit into one of the classifications illustrated here. Decide which one it is. Then experiment with hair styles, following the suggestions given for your shape face. Try out many different styles before deciding on the one or two that seem most becoming to *you*.

A *round face* is a pert face. Give it a lift at the top with half-bangs. Keep it smooth and simple on the sides. A side part is best.



Long faces are classic, but fill them out with soft curls or fluff at the sides. Bangs are good to soften a high forehead.



Square faces show character. Wear a bang or back-flipped bang at the top. Keep the hair above the ears wider than at the jaw.



Heart-shaped or triangular faces are lovely, but they need fullness at the jaw line. You can wear a style smooth at the top or try a half-bang to disguise a wide forehead.



Inverted triangle faces are interesting. You should wear your hair smooth or turned under at the sides and waved at the top.



Special hints

Although your height has little to do with your choice of hairdo, the size of your face, your neck, and your shoulders should be considered, as well as any problem features you might have.

- **A short neck** calls for a short, or upswept, hairdo.
- **A long, thin neck** should be partially covered with medium-long hair.
- **Narrow shoulders** seem less narrow with a close-to-the-head cut.
- **Broad or thick shoulders** seem less broad if the neckline is partially filled with fluffy hair.

- **A long nose** should be balanced by a substantial amount of hair at the back of the neck. (But don't slick your hair back behind your ears. You need a forward swept wave that cuts the span between nose and ear.)
- **A receding chin** should also be balanced by hair at the back of the neck.
- **A sloping forehead** needs forward gentle waves to cover the top.

Clothes call

From the day you graduated from Doctor Dentons into pinafores, you've loved pretty clothes. Every girl does. And why not? Fashion is exciting. It's a whole world of colors and styles and fabrics that are yours for the choosing. Make them work for you. You want to learn how to pick out the one dress that does the most for you. You don't want one just like Nan's newest frock. She may be taller or shorter or not nearly as blonde as you. But the dress that flatters your figure, complements your coloring, points up your personality—that's the one you'll want to wear.

Here are some guides for selecting clothes styles, depending on your individual body build.

Tips for Tall

If you're tall and stately, you'll be a clothes designer's delight.

Wear

Flared, gathered, or pleated skirts.
 Skirts at the proper length.
 Clothes with detail such as pockets, tucks, pleats.
 Box jackets.
 Three-quarter length coats.
 Bulky wools and tweeds.
 Large handbags, bulky jewelry, gay and unusual accessories.

Do not wear

Tight or straight skirts.
 Excessively long skirts.
 Plain, straight lines.
 Bolero jackets.
 Long, straight coats.
 Silks without body, jerseys, crepes.
 Vertical stripes.
 Small purses, dainty jewelry.

Suggestions for Shorts

If you're short, capitalize on appearing feminine.

Wear

Simple lines.

One-piece dresses. Separates if they are matching or blending in color.

Short suit jackets, boleros.

Princess dresses, straight or flared skirts.

Plain colors or small prints.

Full-length coats with classic lines.

Do not wear

Fussy or fancy blouses or dresses.

Contrasting separates.

Long and boxy jackets.

Plaids, large prints, horizontal stripes.

Gathered skirts.

Three-quarter length coats.

Things for Thins to Remember

If you are thin, you can wear clothes well.

Wear

Fabrics with body and bulk. Tweeds, heavy wools, taffetas.

Gathered, pleated, or flared skirts. (Have them lined with taffeta to give them body.)

Turtle necks, scarves, wide collars. Warm, bright colors. Prints, plaids, checks.

Separates in contrasting colors. Box jackets, wide belts.

Three-quarter or elbow length sleeves.

Do not wear

Soft, pliable, clinging fabrics.

Straight skirts.

V or scoop necklines.

Unrelieved dark colors.

Straight, slim-lined dresses. Short or cap sleeves.

Hints for Heavies

If you are heavy, why not take off weight? Until then—

Wear

Basic, simple lines.

Dark, one-colored outfits.

Straight or slightly flared skirts.

White touches at neck or sleeves.

Smooth fabrics such as cotton, silk, wool, gabardine, and worsted.

Simple jewelry, small accessories.

Do not Wear

Extreme styles, fancy or frilly clothes.

Contrasting separates. Bright colors, plaids, checks, large prints.

Pleated or gathered skirts. Circle skirts.

Tweeds, heavy wools.

Bulky jewelry, large handbags.

Color cues

"How do you know what colors you should wear?" Sally asked this question, but the other girls also wanted to know what colors are especially becoming to them. Sally's aunt drew a chart that listed the colors to be worn according to color of hair and shade of skin. Here it is:

If you are—

You should wear—

Blonde	pink, blues of all shades, pale green, violet
Redhead	yellow, green, light blue, violet, white
Brownette	bright red, bottle green, light blue, vivid yellow
Brunette	strong reds, greens, yellows, light blue, white
Light skinned	soft shades, pastels
Dark skinned	strong, true tones (yellow, but not gold; green but not avocado; red, but not violet)

Where to wear it

You have been learning about the most becoming clothes for you to wear. Are you sure about *what* to wear *where*? Do you grab the first thing that catches your eye and wear it to a Saturday afternoon game? Nancy wouldn't dream of wearing her very best velveteen to school every day. But she doesn't stop to think that the jeans she wears downtown are just as out of place. What you wear shows your good taste—or lack of it. Take time



The appropriate clothing is usually just good old common sense. and plan in advance if you want to look your best. Here are some rules to remember:

1. Few cottons can be worn in the winter, except the special "winter" cottons. Pastel or printed cottons are for late spring and summer only.
2. Slacks and shorts are sportswear. They do not belong downtown, at the movies, at the store.
3. Taffetas, velveteens, ballerina length skirts are "party" wear.
4. Small earrings may be worn for dressy occasions, never with casual clothes. (But wait until your thirteenth birthday before you wear earrings.)

5. Pearls, a locket, a watch, one or two scatter pins, simple gold or silver chains are appropriate for pre- and early teens. Rhinestones are not. Never wear more than three pieces of jewelry at one time.
• Two (not counting a watch) are preferable.
6. Church weddings or luncheons at hotels or the better restaurants call for a hat. Every girl should own at least one summer and one fall bonnet.
7. Peasant blouses and dirndle skirts are casual summer wear. Don't substitute them for dress-up clothes.
8. Never wear babushkas inside a public place. If they are "the thing" to wear to school, keep them tidy and tuck the ends inside your coat.
9. Sheer nylon blouses are not in good taste.
10. When you dress up, always wear gloves. Tailored, white cotton gloves are a better choice for daytime wear than frilly, nylon ones.
11. Low cut or strapless dresses are for your older sisters. Choose scoop necklines and princess lines for your first formal.
12. Ankle socks are for casual wear. Nylon hose are preferred for dressier occasions.
13. When in doubt, always dress down. A nice suit is in good taste almost anywhere.

Buying your clothes

Who buys your clothes? Up until now it has probably been your mother. Sally's aunt reminded Sally and her friends that when you reach 12 or 13, it's time to start thinking about this responsibility. This doesn't mean that you should rush off on a shopping spree alone. You're probably not ready for that. Good buying takes thought and practice. You will need many supervised shopping hours before you are ready for a solo trip.

If you haven't been going along with your mother on her shopping trips, ask her to take you with her next time. Then have her let you do the picking, even though she makes the final

decisions. That will give you practice, yet avoid costly mistakes. After you've had some practice, ask if you can buy the smaller things you need—scarves, jewelry, gloves. Work up to skirts and blouses. Outline the color, fabric, style you want and the price you plan to pay, if your mother is hesitant about letting you shop alone.

As your mother knows, buying must be done with an eye to the whole of your wardrobe. A beautiful red skirt may appeal to you in the store, but if you have nothing to wear with it in your closet, you'll find it an utter loss. Either it will hang there ignored or you'll have to budget out an entire outfit to go with it. A skirt in a neutral shade might have been a better buy. Not only would it have gone with your sweaters, but also with your green blazer and plaid blouse.

Ask yourself these questions when you find an article you like: Do I need it? Will it go with the clothes I already have? Does it fit me or can it be altered to fit? Is it well made? Is it becoming? If the answers are all *yes*, then buy it. Otherwise, pass it by. A small, well-planned wardrobe is far better than a large, uncoordinated one.

There are all kinds of tricks to make a small wardrobe seem larger. If you've been careful to buy simple basic clothes, you can change them with the addition of accessories. Take a plain gray dress, for instance. One day you add a white choir boy collar. Another time you give it a cowl neckline with a scarf. You wear it with a wide red belt and a matching nosegay of flowers at the neck. You add a short Eton jacket. See how many outfits you have with one basic dress? A plaid or print or intricately detailed dress can't be disguised at all.

Separates are another way to make that wardrobe grow. Start out with basic colors and buy every new sweater, blouse, or skirt to go with them. Navy and brown are good shades to begin with. You can add a yellow, light blue, pink, or red sweater. Then match your next skirt to that—and you'll have unlimited changes.

One word of warning: Don't be misled by fads when you're shopping. Wrap-around skirts may be the rage this year, but by next year they're *passe*. Unless you're working on an unlimited

budget, you'll do far better to wear the classic and the basic. They're always in good taste.

Your basic wardrobe

Here is a good basic wardrobe that will assure you proper clothes for every occasion.

- 1 dressy coat (optional)
- 1 school coat
- 1 raincoat
- 1 suit
- 1 neat basic dress
- 1 party dress
- separates—skirts, blouses, sweaters
- playclothes

- 1 hat
- 1 pair of dress shoes
- 1 pair of school shoes
- sufficient underthings
- school socks
- stockings
- warm gloves
- white dress gloves

Moral support

Figures don't lie. But they can cheat just a little to give a better appearance to the world. Even if you don't have perfect measurements, your figure will take on better proportions if it is supported by the proper foundation garment.

Sally's friends didn't ask about girdles or bras. So, Aunt Barbara brought up the subject herself. She told them that at age 13 a girl should buy her first girdle, even if her figure hasn't yet begun to develop. Girls who develop early may need to make this investment sooner. The important point is this: Now is the time to coax your curves into proportions you'll be proud of.



Before buying your first bras or girdle, know all about them.

What kind of girdle should you choose?

If you are built on straight lines, you'll need a light panty girdle to wear for dressy occasions. It will firm the flesh and give you a better line under your dresses. If you are average, invest in one made of nylon net to mold your figure into a perfect line. If you are on the heavy side, you need a girdle that will give you a firm panel of support where you need it.

How do you select the proper garment?

You go to the foundation department of your favorite store and tell the salesgirl that you are buying your first girdle. You try it on and with her help choose one that gives you support *where* you need it. Remember you want it to fit snugly, but you don't want it to pinch.

What about bras?

The same rules for girdles hold true for buying brassieres. Depending upon your own proportions, you will want to start wearing them not later than age 13. If you're small, you may need a simple band type. Be sure to ask a salesperson to help you in your selection. She is trained to help you fit your bras.

You, the judge

Before Sally's aunt left, she told the girls she had a little test for them. She gave them some extra copies and said, "Why don't you give one of these to each of your friends? Let them check themselves on these fundamentals of good grooming we've been talking about."

Here are three questions from the quiz. Place a check in *one* of the boxes following each question.

Always	Some- times	Not Usually
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1. Do you know your most becoming colors and styles of clothing and do you wear them?

☐☐☐

2. Can you say each time you finish dressing, "Everything about me—my skin, teeth, hands, hair, undergarments and outer clothing—are fresh and clean"? ☐ ☐ ☐
3. Do you feel that it is important to form good grooming habits? ☐ ☐ ☐

There's no score for this check-up on yourself, though it is hoped you could check three "Always" boxes. The real purpose of these questions is to show you how to think about yourself. You are the one who determines how you look, and you should learn to be the final judge of your appearance.

By following the hints, suggestions, and pointers given in this booklet, you will be well on the road toward becoming an attractive and good-looking teen-ager.



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